

Sun Facts from Sun Guy.

I may be 93 million miles away, but my UV rays can give you skin cancer like I'm right next-door. UV stands for "ultraviolet" – very dangerous stuff.

Think cloudy days or cold days can protect you? Ha. Outside, clothing and sunblock are the only ways to stay safe.

Am I hot? Try 27 million degrees hot. You'll get one killer burn if you don't cover up or use sunblock that's SPF 15 or higher. SPF means "sun protection factor."

One bad sunburn for a kid could mean skin cancer later. Trust me, I've learned a thing or two in 4.5 billion years.

I'm at the top of my game from 10 a.m. to 4 p.m., so watch out.

Every day, I'm out giving you skin cancer. Every day.





